



# Leg Curl Machine

Proper form is important for any exercise. When using machines, where weight targets specific muscles in specific ways, it's even more important. This gym staple is a machine that many people use improperly. Avoid injury by making sure you're doing it correctly.

In this exercise, movement will come from your knees.

## **The Setup**

The machine should have one or two leg pads. Adjust the pad so it rests just above your Achilles tendon when in starting position.

## **The Weight**

Start small. If you use too much weight too soon, you risk pulling a hamstring, a very pull-able muscle.

## **The Position**

Lie on your stomach so your knees are just off of the bench and aligned with the machine's rotation arm. Grasp handles for leverage if the machine has them.

## **The Move**

With your heel against the leg pad, slowly curl the pad upward toward your buttocks, hold, and return to the starting position. If you raise your buttocks excessively when curling lower the weight as you risk damaging your lower back.

## **Body Benefit**

Strong legs to carry you through the day

Or try the next step up...

# Standing Leg Curl

Enables an independent leg work-out intensifying the benefits. Even if you have built your leg strength via lying leg curls, err on the side of caution, select a lighter weight when starting standing leg curls. You are taking the weight on one leg at a time.

See pictures for positioning. The movement is the same as for the lying leg curl. A notable difference with this exercise is that you can increase the weight and exertion by leaning your upper body forward, (without the same risk of back injury as exerting with the lying leg curl).